

Activity Idea

NATIVE FOODS & COOKING

Recommended for Adults

“Food sovereignty is an affirmation of who we are as indigenous peoples and a way, one of the most surefooted ways, to restore our relationship with the world around us.”

-- Winona LaDuke, Ojibwe

Environmentalist, author, economist

With such a vast array of Native peoples in the United States, Native American foods and cooking has diverse methods and ingredients depending on the regions. It gained a lot of attention in the past few years, the “food sovereignty” movement playing a major role in this. Not only does food sovereignty use local and indigenous ingredients to reclaim traditional foods and culture, it provides healthier food choices, and gives Native communities sustainability and independence.

According to the Centers for Disease Control and Prevention, Native Americans have a higher chance of having diabetes than any other US racial group. Reclaiming traditional food systems and traditional physical activity help to address this, especially in tribal communities that may not have food security.

Films:

Return: Native American Women Reclaim Foodways for Health & Spirit

<https://tinyurl.com/rnflgvp> (Kanopy)

Tending the Wild: Decolonizing the Diet (KCET)

<https://tinyurl.com/stkos6n>

Recipes:

Recipes (First Nations Development Institute)

<https://tinyurl.com/y9v85wfs>



Articles:

“Food Sovereignty” (Magazine of National Museum of the American Indian)

<https://tinyurl.com/y7fab4b6>

“A Guide to Some Indigenous Foods of California” (KCET: Tending the Wild)

<https://tinyurl.com/yaquml79>

“By Planting Corn, A Native American Man Hopes to Return to Indigenous Foods” (KCUR 98.3)

<https://tinyurl.com/y8mctks6>

Other Resources:

Native Food Systems Resource Center

<https://tinyurl.com/ybr46w5b>

Centers for Disease Control and Prevention: Traditional Foods

<https://tinyurl.com/y4y6z6t8>

Spark an Idea!

Watch some educational videos and cook some recipes with us. The blueberry and peach salsa recipe from First Nations Development Institute sounds scrumptious!

Try one of these recipes and share a picture of your delicious creation on social media – tag us @LACountyLibrary